Pediatric Population in Cardiac Rehabilitation: Practice Improvement Project

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Abstract

Purpose: To describe the methodology of programmatic changes necessary to meet the needs of pediatric CR patients in an effort to improve attendance.

Methods: Beginning June 2015, our CR program implemented a new approach to pediatric care. We modified our program to include multiple “stations” with varying activities. This model, staff transitioned pediatric patients between 2-3 different modalities to accumulate the full 30-45 minutes of exercise.

Results: Seven pediatric post heart transplant patients participated in cardiac rehabilitation between September 2013 and October 2015. Three of those patients participated in the new approach to exercise and participated in an average of 7 additional sessions.

Conclusions: By modifying the pediatric cardiac patients’ exercise program to meet their needs, these patients were more engaged in the cardiac rehabilitation program.

Implication: Our program is considering designing a specific Pediatric Cardiac Rehabilitation Program to ensure all patients’ needs are met, regardless of age.